

LA COUNTY MENTAL HEALTH PST GROUP CERTIFICATION PLAN

OVERVIEW

This group certification plan is a combination of role-play, small group case review, individual real session review and post-certification feedback. The components are:

1. Behavioral health clinician assignment to a group of eight trainees and two trainers who will role play specific scenarios and then review real cases:
 - o Role Play: The trainees and trainers will meet once a week for 90 minutes via conference call over an 8 week period to role play specific PST scenarios
 - o Group Case Review: This same group will continue to meet monthly for 90 minutes for four months to discuss the use of PST with real cases from the trainees' caseload
2. Individual Case Review: Trainer review of three PST sessions per behavioral health clinician (via audio recording) of an actual PST session with a patient. These will include a first PST session, a follow up session and a termination session. These three sessions do not have to be with the same patient.
3. Trainees who successfully complete steps 1 and 2 will receive a certificate as a PST practitioner and will have free access to the PST network site. Some of the trainees who do not satisfactorily complete steps 1 and 2 may be eligible to receive additional (remediation) training. A combination of steps 1 and 2 will be recommended and tailored by the trainer to meet the needs of the specific PST trainee. All remediation trainings are subject to approval by LA County – Department of Mental Health.
4. After six months of using PST, some trainees may be required to repeat the Individual Case Review (same as described in #2 above) to confirm retention of the skills and techniques surrounding the use of PST. All Quality Assurance trainings are subject to approval by LA County – Department of Mental Health.
5. Trainers will identify trainees who learn the technique quickly and whom they deem to be good candidates to become PST trainers. These potential trainers will be offered the opportunity to be one of the two trainers providing the role play and case review. When the master trainer deems them to be ready, the new trainer will be offered the opportunity to provide individual feedback on the 3 real sessions in collaboration with the master trainer. When the new trainer is deemed by the master trainer to be fully prepared to train others, they will receive a certificate as a PST trainer. All trainings to become a Certified PST Trainer are subject to approval by LA County – Department of Mental Health.

CERTIFICATION AS A PST PRACTITIONER

Role Plays

The 90-minute role-play sessions will be conducted once a week via conference call. Each session will consist of a five-minute overview of the role-play (materials available on the [Role Play Forms](#) page for review prior to each session) and two trainees engaging in 20-minute role-plays with a trainer. One trainer will play a patient, the other will observe. All trainees in the group will use the PST-CAS to rate the interaction; each role-play is discussed for 10 minutes for feedback, and the session ends with a wrap up of the role play feedback. Each trainee will participate in the role play twice during the 8 weeks.

One set of role play sessions will be recorded. If a trainee misses a session they will review the corresponding [recording](#) and submit the completed adherence form to document completion of the missed session. All sessions must be completed and the trainee must role play twice during the 8 weeks as one component of certification as a PST practitioner.

Topics:

Session 1: Introducing PST
Session 2: Problem List
Session 3: Problem Definition and Goal Setting
Session 4: Brainstorming and Decision Making
Session 5: Action Planning and Pleasant Activities

Session 6: Follow-up Session and Action Plan Review

Session 7: Termination / Relapse Prevention

Session 8: Recap, Q&A, Wrap-up

Group Case Review

Following completion of the role plays, the cohort of 8 behavioral health clinicians and 2 trainers will meet on the phone once per month for 90 minutes to review real cases from the trainees' caseload with whom they are doing PST. During each call, two trainees will present one of their actual PST cases and the group will discuss it. Each trainee must participate in 4 calls and present a case at least once to complete this component of certification as a PST practitioner. If a trainee misses any of the calls they will listen to a recorded session and complete a quiz to document completion of the missed session.

Individual Case Review

During the 4 months that the behavioral health clinician is participating in the Group Case Review, they receive individual feedback from a trainer based on review of three (3) PST sessions with actual patients. One will be an initial session, one will be a follow-up session and one will be a termination session. These sessions do not have to be with the same patient and are audio recorded. The supervisor will listen to each session and provide feedback to the trainee about their application of the PST technique. Completion of this component is necessary for certification as a PST practitioner.

Training in the use of the PST note

This note will be used primarily for supervision during review of real sessions and during the monthly case review calls. We will encourage trainees to continue using the form for long-term fidelity.

QUALITY ASSURANCE

Individual Case Review

Six months after the practitioner is certified, select trainees may be required to receive individual feedback from a trainer based on review of three (3) PST sessions with actual patients. One will be an initial session, one will be a follow-up session and one will be a termination session. These sessions can be audio recorded or conducted live (usually via conference call). The supervisor will listen to each session and provide feedback to the trainee about their application of the PST technique. Completion of this component is optional but highly recommended.

TIMELINE

Months 1-2: Role Play training

Months 3-6: Group Case Review, Individual Case Review

Month 6: Certification as a PST practitioner occurs for most trainees

Month 12: Individual Case Review (Quality Assurance)

CERTIFICATION AS A PST TRAINER

1. Potential PST trainers will complete all steps outlined above for PST practitioners and will be identified by master trainers as good candidates for becoming PST trainers.
2. Potential trainers will be paired with a master trainer and will complete the Role Play and Group Case Review with a cohort of trainees.
3. When/if the master trainer deems the potential trainer to be ready, the potential trainer and master trainer will collaborate to provide Individual Case Review to a trainee(s).
4. When/if the master trainer deems the potential trainer to be prepared, the potential trainer will be certified as a PST trainer.